

The Spiritual Spa

The best way to understand energy healing is to experience it...
www.thespiritualspa.ca

NOVEMBER 2013

VOL. 1 ISSUE 8

Hello November!

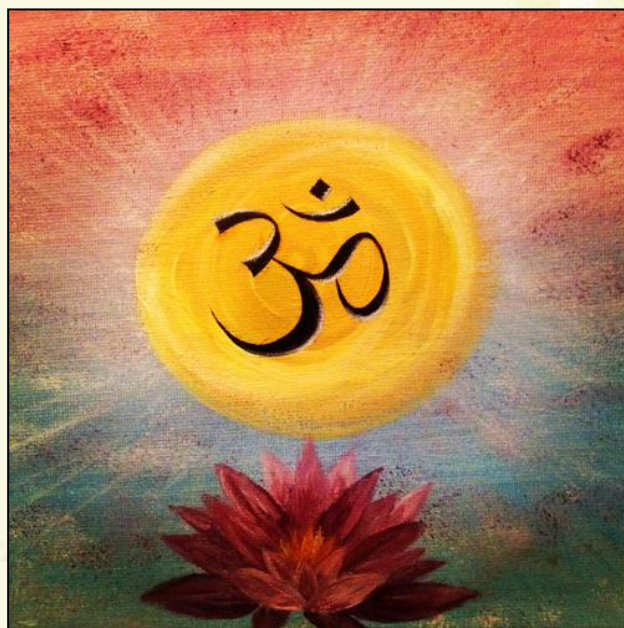
And so, we venture into the Fall season with Winter looming on the horizon. It's amazing how fast the time flies by! The stunning colour of the leaves before they fall to the ground continue to leave me in awe of Mother Earth and Her gifts.

The Spiritual Spa has had a busy couple months with lots of awesome people sharing their knowledge and expertise in various holistic capacities. The learning never stops, and we continue to move forward to evolve and develop ourselves on spiritual, mental, physical and emotional levels.

The Spiritual Spa has lots in store for you, and I hope that you are enjoying our workshops and seminars, and individual sessions with our holistic practitioners. In this newsletter I'd like to highlight some of the incredible individuals that are here to help you in your personal journey and quest – whatever that may be.



I'd like to thank the Niagara community for their ongoing support. Every day I am moved by your caring and giving nature; every week I meet really incredible people. We are so very lucky to have such an abundance of talented spiritual individuals in the Niagara Region who are willing to help others unconditionally.



If you have any questions about our upcoming events or are curious about the services we offer, don't hesitate to reach out and connect. Namaste.

In love & light.

Tracy



Tracy Kennedy, PhD
Reiki Master

I am a Holistic Healer who approaches the world from the perspective of Energy, Vibration, and Frequency. I incorporate Usui Reiki, Tuning Forks, Sacred Smudge, and Crystals into my healing sessions. I am a Usui Reiki Master and Practitioner, and offer classes for all levels of Usui Reiki. I also lead workshops about Energy Basics, Reiki Refreshers, Introduction to Healing Crystals, Smudging Practices, and more. Everyone has the power and tools to heal themselves, but we have just forgotten how. My goal is to help you heal and to help you live your life in a way that is harmonious and balanced – spiritually, mentally, physically, and emotionally.

Smudging

Smudging is an ancient practice that uses various herbs, plants and resins for spiritual reasons. It includes fanning the sacred smoke over the person's physical body and aura. I smudge before each session to cleanse and purge negative energy (Sage), and replace with positive energy (Sweetgrass/Cedar).

Empathic Energetics

Everything has a vibrational frequency - an energy signature, and many empaths and energy healers are able to 'read' and translate these signatures in various ways. I am an intuitive empath, which gives me insight into where your energy imbalances are and what the root cause might be. I share insights with you, discuss imbalances, and any messages that come forth during the session.

Usui Reiki & Energy Healing

Reiki practitioners are trained to recognize any over or under active areas across the body, aura, and seven particular energy points called chakras. They can then channel and move this 'Life Energy' to needed areas in the client; removing blockages, cleansing negativity, and/or balancing anything that's off. You are relaxing to soothing music and fully clothed on a massage table. While I am doing energy work, you might experience heat coming from my hands, tingling, coolness, extra hands, interesting visuals in your mind, or you might fall asleep. You'll feel refreshed and energized after your session.

Vibroacoustic Healing & Tuning Forks

Energy and vibration can be influenced by exterior sounds, vibrations, plus other energy fields, such as people, animals, objects, places, music, and so forth. When I work with your auras and chakras I use Tuning Forks, which act as an amazing acoustic resonator. I chose frequencies are based on the mathematical rotation of the planets around our Sun, working on the cosmic multi-dimensions of our chakras, the less conspicuous bodies or subtle parts. You might feel the vibration or sense the frequency sweeping over you during the session.

Crystal Healing

Rocks, gemstones, crystals are not only beautiful and interesting, but they all have unique energy signatures that we can use to help and heal ourselves. We are very drawn to things in nature. I use Crystals that help align the chakras and subtle bodies, and for overall energetic cleansing from negativity. The Crystals are placed either on the body or beside it.

- 30 min Reiki/Energy Session \$30
- 60 min Reiki/Energy Session \$50
- 90 min Reiki/Energy Session \$75
- 30 min Distance Reiki/Energy \$25
- Smudging for Negativity \$25-\$60
- Animal/Pet Reiki \$25

Brock or Niagara Students & Seniors:

- 30 min Reiki/Energy Session \$20

Reflexology With Laura Canal



*Laura Canal – Certified Reflexologist
& Reiki Practitioner*

Reflexology is a focused pressure technique, usually directed at the feet or hands. Certain areas & reflex points correspond to different body organs & systems. When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones.

Benefits of Reflexology

- Relaxation with the removal of stress
- Enhances circulation
- Assists the body to normalize the metabolism naturally
- Compliments all other healing modalities

Reflexology sessions are for people of all ages, from the newborn to the elderly, for a general tune-up or for a chronically ill body. The vast majority of people usually realize the benefits of reducing stress, which in turn minimizes physical symptoms. Reflexology in conjunction with other forms of therapies complements ongoing medical treatments.

Contact us for details about Laura's Reflexology & Reiki Sessions.

Laura Canal holds her Associates Degree in Medical Record Technician from Niagara College, and she has a passion for the health and wellness.

Life often has twists and turns, in which redirects the path followed in the "Life Journey"! These diversions led Laura down a path, to a career in the Hospitality Industry, for the past 29 years. Laura gained knowledge on a myriad of different subjects: nutrition, food allergies, communication, social relations, and conflict resolution. During her career, Laura has learned the many facets of human nature, being involved with many people of diverse cultures & backgrounds. She says, "Life give us Lessons, in which insight and knowledge are gained through personal experience". She has an amazing zest for knowledge and learning!

Working with a network marketing company ten years ago lead her to her first introduction to Reflexology; beginning with a scant map of the foot she learned of Reflexology, and was hooked. Laura has taught workshops on foot care and the benefits of relaxation foot massages. Laura has always believed that you can improve your health through the foot.

Full circle transpired and Laura is back to where she began 30 years ago with the focus and goal on Health and Wellness. One year ago she got the idea of becoming a Certified Reflexologist, her goal and dream has been accomplished. Simultaneously she successfully completed her Level 1 and Level 2, Usui Reiki Ryoho Certification. Laura is in the process of developing a complimentary health alternative using the reiki energy and the focus pressure technique to help her clients relax and release any blockages within the body.

Laura says, "You owe it to yourself to try a session"! With removal of stress and tension, enhancing your circulation, your nervous system will work to restore homeostasis of all your parts, glands and organs. "You deserve to have balance in your Life"!

Therapeutic Massage With a gentle touch...

There are two main types of massage. Relaxation or "Swedish" massage feels good, but is it the best way to heal injuries? Therapeutic or "Structural" massage fixes things, but does it feel good?

Most massage therapists are taught to treat specific physical conditions. You could say, they look for pain. Spa therapists are taught to provide a relaxing experience. You could say, they look for pleasure.

Jonah is unique in that he's trained in both. He learned many aspects of the spa business, from aromatherapy to body wraps, with the "crystals and candles crowd" at Vancouver School of Bodywork and Massage.

Breathe deep, breathe slow, does that feel good? they say.

Later he learned the medical side of massage with the therapy crowd at Ontario College of Health and Technology.

No pain, no gain! they say.

Combining these two different styles, he can help alleviate chronic conditions or speed healing of injuries while also providing a soothing and restful treatment. The techniques Jonah applies include Esalen (long peaceful strokes harmonized with the breath induce a sense of mental ease), deep tissue (slow, deep manipulation of any muscles that are extra tight), Trager (light rocking of the joints to release any tension the mind is holding in the body), and myofascial (the serious work, a modern form of Roling that focuses on the fascia).



*Jonah Winters
Registered Massage Therapist &
Certified Spa Therapist*

Massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

Jonah's spa style is like Esalen, or "deep flow." It emphasizes whole-body integration through breath, long strokes to slow the heart, and gentle stretches.

His therapeutic work is structural massage, also called "deep tissue" or "myofascial release." It uses less oil and slower strokes to reach deeper layers of tissue. It can help prevent and heal injury and improve posture by stretching muscles and fascia.

- 30 min session \$45
- 60 min session \$80
- 90 min session \$110

Watch for our Monthly Promotions!

Reiki & Vibroacoustic Healing With Laurie Wickabrod



*Laurie Wickabrod – Smellie Hippie Reiki
Certified Sonocytology Practitioner
& Reiki Master*

Laurie is a Nutrition and Wellness Specialist with a focus on Holistic health and well being. She is a Master Level Reiki practitioner, as well as a certified Sonocytology (tuning forks) Practitioner, and a certified Flower Essence Healer. Laurie uses tuning forks in her reiki sessions to clear blockages to encourage balance within your life at whatever stage or place you may be in.

Laurie's approach is about the entire person believing that true wellness on all levels of our being is essential. She is always exploring the amazing works of energy healing.

Contact us about Laurie's unique healing sessions.

Vibroacoustic Healing – What is it?

Science tells us that everything in the known universe is made up of tiny particles vibrating together at different frequencies to appear as solid matter. Everything has a vibrational frequency - an energy signature - that can be influenced by exterior sounds, vibrations, and energy fields.

How is it that some sounds can relax us, or rattle us? How is it that some Opera singers can break glass when they hit certain notes & pitches? Why does our favourite song uplift our spirits? Why does classical music inspire creativity and calmness? Why do people listen to nature sounds for relaxation?

Frequencies, sounds and vibrations can be powerful. Because our body contains a high percentage of water, it is not surprising that sound and vibrations have such an effect on us.

Tuning forks act as an acoustic resonator. Using Tuning Forks that are tuned to a particular vibration and frequency, Vibroacoustic healing can clear energy blockages, relieve stress and anxiety, and increase feelings of well being - depending on the frequency.



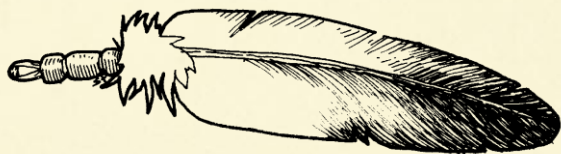
Ancestral Teachings

Frantastic Davis is a mother and grandmother from the Six Nations Territory of the Grand River, and is regularly at The Spiritual Spa sharing Ancestral Teachings of the Haudenosaunee – The People of the Longhouse - known more commonly as The Iroquois Nation. She is the founder of Two Row Education Services, and author of “Creating the World You Want – The Seven Grandfather Teachings 28-Day Reflection Journal”. Fran will be offering a seminar about The Seven Grandfather Teachings in November, shared with you in the traditional Haudenosaunee Storytelling way.

Fran is also a Spiritual Consultant and she provides Spiritual readings, messages from loved ones who have passed, and Spiritual Counseling from Spirit Guides and Angels. She also offers workshops about how to connect with your spirit guides, and how to interpret the messages they offer to you.

Frantastic has a personality that radiates and attracts positivity, happiness and tons of smiles. She has been invited, as a vendor, to various fundraising events where she generously contributes a portion of her proceeds back to the fundraising cause.

Fran is currently working on her second book – Seven Spiritual Days – where she continues to share her spiritual knowledge with the community in order to improved people’s quality of life. You can sign up to receive notification of the e-book when it’s completed at her website: <http://www.frantastichhealth.com>



Frantastic Davis
Spiritual Consultant & Educator

Christine Whelan *Mindz 'n Transit*

Christine Whelan motivates, facilitates and educates individuals of their powers within, reminding them of who they are and guiding them through options and opportunities in discovering their natural paths.

She regularly offers workshops at The Spiritual Spa on topics such as Introduction to Tarot, Intuitive Tune-Ups, Automatic Writing, and much more, in addition to also offering unique Life Path and Purpose Tarot Readings.

Christine has over 20 Years experience working with individuals and the community:

- ~Social Service Worker
- ~Crisis and Trauma Counsellor
- ~Employment Consultant
- ~Youth Worker
- ~Counsellor for Women's Issues and Family Violence
- ~Existential / Bereavement Counsellor
- ~Group Facilitator
- ~Workshop Facilitator
- ~Program Coordinator
- ~Lightworker
- ~Spirit Advocate
- ~Freelance Writer

Christine also writes informative and insightful articles about Lightworkers (and more) for the Spiritual Niagara monthly newsletter.

"Through a combination of insight, the acceptance of guidance and the freedom to make (own) decisions, a true purpose will be found. As a result of finding their purpose, an individual will become more enlightened, motivated, content and successful."



Christine Whelan
<http://christinewhelan.weebly.com>





Can you believe this was me in 2004? I lacked self esteem and self confidence inside and out! Here, I had just graduated college and was beginning my self transformation!



Here, in 2013, is a self-confident, self-assured business woman. I will continue transforming throughout my life as I intend to continue to learn, grow and become a better me!

Valerie Posthumus – Passion, Joy Purpose

For the past several years, Valerie's entire focus has been on one very important thing: helping you, and many women, discover your Authentic Self and developing strategies for living life with passion, joy and purpose.

Through self-assessment exercises, discussion, and internal focus Valerie helps you gain understanding of the roadblocks and emotional challenges that keep you from thriving in life so that you will find your authentic self. Valerie can help you through transition to your authentic self as has transformed herself and now lives a life of love, peace, happiness and personal success.

She has beaten down the barriers of low self esteem and low self confidence to become a warrior for women who struggle everyday with these debilitating issues. Confidentiality, trust, empathy, and compassion reign in the relationship that develops through your work together.

If you are ready to challenge yourself, make the changes necessary, to do the work that is needed, you too can move forward to a life of confidence, personal growth, and success. Valerie is a lifelong learner; graduating from Niagara College in 2004, studying others in her field of interest, and always challenging herself to new heights. She enjoys spending time with her family, reading largely self help material, running, traveling, and meeting new people.

Valerie will help you gain perspective of your current life situation: what needs work or modification and where you want to be in the future. You will then map out a plan of action to get you from here to there.

Join Valerie at The Spiritual Spa for informative and transformative workshops: Tues, Nov 5th 6-9pm, Tues, Nov 19th 6-9pm, Tues, Dec 3rd 6-9pm, and Tues, Dec 17th 6-9pm.





November Events...

healing@thespiritualspa.ca
Calendar: <http://bit.ly/17sIVlu>

Massage Therapy Day with Jonah Winters, RMT
Jonah Winters will be promoting his Relaxation and Therapeutic Massage services by offering 60 minute massage therapy sessions **Mon, Nov 11th 1-7pm** and **Fri, Nov 22nd 10-5pm** for only \$40 – that's Half Price! Jonah combines these two styles to help alleviate chronic conditions or speed healing injuries, while providing a soothing and restful treatment. Limited appointments available, book early for this experience.

Seven Grandfather Teachings with Fran Davis
Native philosophy in regards to relationships came to the Anishinaabe people with the teachings from the Seven Grandfathers. These principles are essential when interacting in a healthy manner towards others. In this workshop you will explore how these teachings can be incorporated into your healthy relationships, boundaries and values. These teachings are intertwined into programs and services to enhance the delivery when helping with current social and personal issues. **Wed, Nov 20th 6-9pm** \$40.

What Makes you Tick? with Valerie Posthumus
Is it time for a change, do you need a life lift? NOW is the time to act. Come out of the darkness and into the light of self discovery. Develop strategies for letting go of negativity and living in positivity. **Tues, Nov 5th & Nov 19th 630-830pm** \$20.

"Peace is a journey of a thousand miles and it must be taken one step at a time." Lyndon B. Johnson.



Shamanic Adventures with Andrea Connell

In this four session monthly course, we will explore the natural world around us. Classes run 6-9pm.

Nov 14, 2013 - Crystals & Stones; The Record Keepers

We'll explore various crystals and stones that can help us maintain strong energy fields, access various states of consciousness, and protect us from negative influences. Learn how to "power up" with these allies and how to keep them clear.

Dec 12, 2013 - Animal Medicine & Messages

In this class we will discover the various messages and 'medicines' that our animal friends have to share and convey with us through their unusual behaviour. This course will enrich your daily life with new insightful awareness of the creatures we share our planet with.

Jan 9, 2014 - Wisdom & Power of the Five Elements

People are comprised of the same five elements that make up the world and environment we live in. Learn the significance of these natural forces and how to achieve a better working balance with them in daily life.

Feb 13th, 2014 - Shamanic Journeying to Realms of Consciousness

Through Shamanic Journeying with the aid of the Shaman's Drum we will learn to access our consciousness by traveling to lower, middle and upper worlds of experiences that will ultimately help us engage with our inner child, uninhibited truth and our natural inherent wisdom.

\$55 per class or all four adventures for \$200.

Check our Calendar for more events!

<http://bit.ly/17sIVlu>



What's new in 2014!

Introduction to Dowsing with Margaret Byl

Dowsing has been used for hundreds of years to find water, metals, gemstones and oil, in addition to spiritual & paranormal uses. Join Margaret and learn about the practice of Dowsing **Wed, Jan 15th 7-9pm \$45** includes handouts & your own set of Dowsing Rods. *\$25 if you have your own rods.

Seven Spiritual Days with Frantastic Davis

Frantastic will be discussing her new book – *Seven Spiritual Days* - on **Fri, Jan 17th 6-9pm**. Learn about these teachings and how to incorporate the teachings into your daily practices to live a more balanced and positive life. Stay tuned for more details about Fran's new book and her spiritual teachings.

Intuitive Tune-Up with Christine Whelan

Christine will be offering an Intuitive Tune-Up workshop at The Spiritual Spa on **Tues, Jan 21st 630-930pm \$40**. Stay tuned for more details!

Usui Reiki Master Level with Tracy Kennedy

Tracy will be offering a Master Level Usui Reiki Certification course in January. Be attuned to the Master Level symbols, and learn how to pass on your Usui Reiki knowledge to others. Stay tuned for details on date and time, contact Tracy if you're interested.

More awesome workshops & seminars to be announced shortly! Have an idea for a Seminar or Workshop? Contact Tracy about hosting at The Spiritual Spa.



I believe that unarmed truth and unconditional love will have the final word.
Martin Luther King Jr.

Darkness cannot drive out darkness:
only light can do that. Hate cannot drive out hate:
only love can do that.
Martin Luther King Jr.

Mon, Jan 20th is Martin Luther King Day



Congrats to Laura, Scherri & Mary who completed their Level 2 Usui Reiki Certification!

LEVEL I USUI REIKI

~Learn to Connect with Energy~

You will learn about how energy works and flows, and how to treat yourself and others.

Part One: What is Usui Reiki?

-The history of Usui Reiki, Lineage, Reiki Principles & Beliefs, Uses & Benefits.

Part Two: Understanding the Movement & Flow of Energy

-Energy systems, Meridians, Chakras, Auras.

Part Three: Learning How to do Reiki

-How to treat Self, Others, Animals, Objects & Areas, Ethics, Responsibility, Protection, Grounding, Intuition.

Part Four: Moving Forward

-Spiritual Growth & Emotional Clearing, Continuing your Inner Work, Energy Exercises.

Course fee is \$150 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring.

Contact Tracy to reserve your spot for the next Level One Certification course.

Learn Usui Reiki With Reiki Master Tracy Kennedy, PhD



LEVEL II USUI REIKI

~Learn to Call Energy~

You will learn how to use the Reiki symbols to 'power up' your Reiki energies and you will also be able to send Reiki across a distance to people, animals or situations.

Part One: Introduction: Calling the Energy
A closer look at Auras, Meridians, and Chakras

Part Two: The Reiki Symbols
Powering-up the Energy, Absentee & Distance Treatments, Emotional & Mental clearing

Part Three: Enhancing Reiki Healing
-Energy exercises, Reiki uses, Intuitive & Empathic interpretation, Creating a client session that works best for you

Part Four: Tools for Practitioners
-Confidentiality, Ethics & Responsibility, Keeping Client Records

Part Five: Moving Forward
- Continuing your Inner Work, Case Studies, Journaling

Monday, November 25th 12-5pm

Course fee is \$200 and includes refreshments, light snacks, Course Reading Package & Manual, Certificate upon completion, and Continued post-class guidance, help and mentoring.

**There will be one hour of home-study, and an additional two hour follow-up meeting.*

"On my completion of Level 1 Usui Reiki, I want to "Thank" my teacher Tracy Kennedy. You are a Wonderful Healer and Teacher of Usui Reiki! From the moment we connected I knew that you would be able to lead me in the right direction. Since our first class 3 weeks ago I have undergone a "Huge Shift", evolving at a quick rate, I have eliminated the negative energy from entering my aura, now I illuminate and emanate positive energy healing with love. Introducing me to Reiki has changed my life!!" – Laura C.

The Spiritual Spa - Notes



- ❖ We have a bus stop right in front of our door (#6 Lake St. Bus).
- ❖ We offer Brock & Niagara College students special Reiki healing rates in support of the Mental Health Initiative at Brock University - 30 min Reiki \$20.
- ❖ We offer a special rate for Seniors – 30 min Reiki Session \$20.
- ❖ Looking for space for your healing work? Let us know! Daily, Weekly or Monthly available.
- ❖ Have an idea for a workshop but no space to hold it? Let us know! We host some very interesting people who like to share their knowledge.
- ❖ Parking is available on James Street (metered) or on the surrounding side streets (free).



*The only journey
is the journey within.*
Rainer Maria Rilke

The Spiritual Spa
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www.thespiritualspa.ca
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Holistic Healing and more...



*Healing yourself is connected
with healing others.*

Yoko Ono